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ABSTRACT

This guide provides a survey to help readers discover their own learning styles, and then covers all the elements of study and test preparation. The guide is designed to be used 20 minutes each day so that the reader can learn to get the most out of studying. The chapters are: (1) "Getting Started"; (2) "Discovering How You Learn"; (3) "Looking and Listening"; (4) "Making Images, Making Order, Making Sense"; (5) "Learning by Doing"; (6) "Making Study Do-Able"; (7) "Knowing What You Know"; (8) "Knowing When You Don't Know"; (9) "Getting Involved in Learning"; (10) "Getting More out of Reading"; (11) "Remembering What You've Learned"; (12) "Getting the Most from a Lecture"; (13) "Getting the Most from Class Participation"; (14) "Getting the Most from a Class Discussion Group"; (15) "Making Yourself Understood"; (16) "Working with a Study Buddy"; (17) "Being Your Own Partner"; (18) "Preparing for Short-Answer Tests"; (19) "Preparing for Essay Tests"; and (20) "Knowing When You Need Help." An appendix lists some additional resources. (SLD)

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